

INGREDIENTS

CC Provided Items:

- ½ pound dried bow tie pasta
- ½ bunch asparagus spears, cut into 1-inch pieces
- ½ cup alfredo sauce, more if desired
- 1-5oz canned salmon, drained

Not Provided in Bag:

- kosher salt and freshly ground pepper
- Optional: top with parmesan cheese

DIRECTIONS

1. Bring a large pot of water to boil and cook the bow tie pasta according to package directions until al dente.
2. When noodles are done cooking, use a slotted spoon to transfer the pasta to a colander, reserving the pasta cooking water in the pot. Reheat the pot of water over medium heat and add the chopped asparagus spears, cooking until they turn bright green, about 1-2 minutes, Drain.
3. Add the cooked bow tie pasta, asparagus, and salmon to the pot, add alfredo and toss to coat. Add more salt and pepper if desired, and top with Parmesan cheese and dill if desired. Serve immediately. Enjoy!



SALMON ALFREDO PASTA

Clyde's Cupboard
High Protein

Yield:
4 Servings

Prep Time:
10 Min

Cook Time:
12 Min

NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
400 kcal	30 g	61 g	3 g	15 g